

## BEST FOOD FOR MEN

What Some Brain Workers  
Eat in Order to Do Work

## WHAT FEEDS BODY AND BRAIN

No Hard and Fast Rules Can Be Laid  
Down for Everybody—Individual re  
quirements Must Determine

Whether the old saying that a man's heart is reached through his stomach is or is not a true one, it is a scientific fact that the stomach is a highway to the brain. The exhilarating influence of a good dinner is sometimes shown in brilliant impromptu speeches, without a doubt. The cook is responsible for many of the accidents, the failures and successes of life. Not long ago a well known lawyer in summing up a case acquitted himself so wretchedly that the jury promptly brought in a verdict against his client. The lawyer afterward acknowledged that hot muffins at breakfast were responsible for his having lost the case. They made him irritable and insolent.

Curious to know upon what sort of food men of note do their best work, I recently interviewed some of the lights of the medical profession, law, commerce, theology and society.

Genial Dr. George F. Shady, President Grant's staunch friend, declares that he must vary his food in order to develop and nourish, separately and collectively, the organs of his body.

"I have an excellent digestion and can take all kinds of food without feeling any discomfort," said he, "but I believe that the brain is most nurtured by sleep and rest. If we gratify our intellectual tastes we are feeding the brain vastly better than by any sort of material food, and consequently obtain better results."

"A friend once had as a patient a young author, who had been recommended to follow a strict diet of pumpkins. On this sort of fare he wrote a novel. Well, the offspring of pumpkins—roasted, boiled and stewed—is still looking for a publisher to launch it on an unsuspecting public."

"No one kind of food exclusively is good for the ordinary man. To be healthy, wealthy and wise, as the old maxim goes, study the likes and dislikes of your stomach and regulate your diet accordingly (as I do) and all will go well."

Judge Roger A. Pryor laughed heartily when told that every business lawyer in town was anxious to know whether his spirited speeches might be attributed to squab, lobster or partridge.

"Tell them from me," said Judge Pryor, "that I am extremely fond of birds and dainties generally and that lobster a la Newburg is a toothsome dish I don't despise and that my brain works best when I'm free from indigestion. Tell these young men to follow the old Roman maxim and secure for themselves a sound mind in a sound body."

"Hot breads, salads, ices and sweets form part of my daily menu, and as they give my body strength I am able to do my allotted share of mental labor. The body must first be ministered to by food and exercise, and then the mind will soon be ripe for cultivation. The reason, memory and imagination must each be nourished with the food it requires—logic, law, mathematics, poetry or art. Upon the idiosyncrasies and constitutional peculiarities of each man depend the kind of food he assimilates."

Dr. H. P. Loomis thinks men pay too much attention to the specific uses of certain foods.

"Look at the enormous sale of phosphates and so called brain foods," said he. "There is nothing in them. If instead of wondering whether this, that or the other is good for him a man would simply follow the dictates of his own appetite we would be much better off. Nature places a safeguard upon excess by creating the sensation of satiety."

"When I have eaten some rich food that causes me some annoyance I take a horseback ride or other pleasant exercise and rid myself of the ill feeling, and in the future avoid that Welsh rarebit or venison that caused the trouble. Rest is really the best tonic for the brain. In two words I would give this prescription for happiness—Avoid worry."

A prominent member of Sorosis, a really brainy woman, declares that the amount of food people require or think they require is largely a matter of habit. Said she: "It is possible to train the stomach to do with very little or to make its requirements border on the margin of gluttony. When the hunger is satisfied, brain achievements depend upon heredity and environment, and to them must be attributed all success or failure. The gardener who only cares for the blossom of his plant instead of directing his efforts to the root, will have but sorry fruit as a reward. Let mankind look to their physical perfection, and the mental and moral are sure to follow."

The Rev. Dr. Henry Van Dyke, the author and clergyman, believes the brain to be touchingly appreciative of all kindness shown to the stomach, and mellow and unmanageable when the latter is oppressed. At the same time allowance must be made for individual tastes.

"My food," he said, "must be taken at regular intervals and be largely of the farinaceous kind, while yours, possibly, may be taken when and as you choose. A single sandwich of caviar would incapacitate me for several hours. So, I say, be kind to the machinery of the body. After all, the best diet for the brain is a constant variety in the quality and quantity of our intellectual food."

There seems to be no particular edible which holds a magic power over the realm of thought but by selecting food with a view to digestibility. In individual cases the body is aided in performing its various functions, and the brain, with its other organs, is thus enabled to discharge its duties properly as well.—New York Herald.

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GENTLEMEN:—When about ten or twelve years old I was troubled with cracks across the palm of my left hand, and when they healed the trouble broke out on my head, and every winter it would come out as a sort of tetter and make scales all over my head. I have not been free from it a single winter since, but it was worse last winter after I had the grippe, for then it came out in spots all over my body. I had a doctor examine me, and he told me that there was no cure for me. I got worse and worse. Scales would form over the sores and then dry out until they would crack and pop open, showing a watery matter. My skin was all like a dry wrapper. It felt as though it had dried on me. The scales were so bad that they would collect in the bed and have to be shaken out. It was about this time that I commenced using S. S. S. I was so bad that I was ashamed to take my hat off before a neighbor. I had used five bottles of another medicine without noticing any effect; but when I commenced to take S. S. S. the sores came out thicker than before, and they burned like fire; they were immense blotches of fire that would burn so I could not sleep. The way they burned and itched can not be told, and I hope no one else may ever know from experience. The only relief I could get was from washing the sores with some S. S. S.

I stuck to the medicine and was on the fourth bottle before I could see that I was really better, although I knew that it was better to get such rottenness out of my blood than to have it stay there. I did say once that I wished I had never commenced taking S. S. S., but my wife encouraged me, and to-day I thank her for the advice, for I am in good health now, and I don't believe I ever would have been with my blood in such a condition as it was.

My scalp now is clean and clear of all scales and tetter, and on my body there are only small spots to show where the sores were, and these spots are free from scales. I do not doubt but that the cure will be perfect.

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